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U. S. Department of Agriculture

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In 3 Hh
Housekeepers' Chat

Monday, September 29, 1930.

NOT FOR PUBLICATION

Subject: "Featuring the Fall Vegetables." Information from Bureau of Home Economics, U. S. D. A.

Bulletin available: "Aunt Sammy's Radio Recipes."

--ooOoo--

What shall we have for dinner today? Since this is Monday, and a busy time of the year for all of us, let's have something easy to prepare. We haven't had a vegetable dinner for a long time,-- how about a dinner of vegetables, with a good-tasting Apple Dumping for dessert?

While I washed the breakfast dishes, I planned this menu: Fried Eggplant, with grated cheese sprinkled over it; Buttered Turnips; Baked Tomatoes; Celery Hearts and Cucumber Strips; and Apple Dumplings.

Have you ever eaten Fried Eggplant, with grated cheese over it? You'll like the flavor. The Buttered Turnips will be good, too, and the Baked Tomatoes. Cut the tomatoes in half. Place them in a shallow baking dish. Then cover the tomatoes with buttered bread crumbs, seasoned with salt and pepper. Better add a little water to keep the tomatoes from sticking to the dish. Bake in a moderate oven.

Instead of a regular salad, let's have celery and cucumbers today-- the crisp hearts of the celery, and the cucumbers cut in strips instead of slices. I don't know why a cucumber won't taste just as good, cut lengthwise, as it does cut crosswise.

Now we can turn our attention to the Apple Dumplings. Billy says that Apple Dumplings -- or rather, two Apple Dumplings -- are his very favorite dessert. Billy is back in school now, and his appetite seems to increase every day. He likes Apple Dumplings plain, or with cream, or with hard sauce. Yesterday I made a Cornstarch Sauce for the dumplings. I'll tell you how.

First, ~~th~~ough, let's make the dumpling. Would you like to write the ingredients? There are only four:

1-1/2 cups flour
1/2 teaspoon salt
2-1/3 tablespoons water, and
5-1/3 tablespoons fat.

Four ingredients, for Apple Dumpling pastry: (Repeat).

A biscuit cutter is excellent for combining the ingredients, which should be handled as little as possible. Roll the dough lightly. I might add a special precaution here -- do not use too much water.

If you use apples cut in quarters, sprinkle the pieces lightly with sugar, cinnamon, a little salt, and butter. If you use whole apples, select those of medium size, remove the cores, and fill the holes with the seasoning. Place the fruit in the center of the rounds of dough. Bring the edges of the dough up over the fruit, pinching them together, firmly, so the juice won't escape. Bake the dumplings in greased muffin pans, or in pie tins, in a fairly hot oven.

The sauce for the apple dumplings is made as follows, with seven ingredients:

1-1/2 cups boiling water
1-1/2 tablespoons cornstarch
3 tablespoon butter
1/2 cup sugar
1 teaspoon vanilla
A little grated nutmeg, and
A few grains of salt.

Seven ingredients, for the sauce: (Repeat).

Mix the starch and the sugar with the boiling water. Add the butter just before serving. Be sure to let the starch boil long enough to do away with the starchy taste.

Let's check over our menu: Fried Eggplant, with grated cheese sprinkled over it; Buttered Turnips; Baked Tomatoes; Celery Hearts and Cucumber Strips; and Apple Dumplings.

By the way, speaking of vegetable dinners, there are any number of good vegetable recipes in the radio cookbook. Cabbage, beets, carrots, celery, cucumbers, eggplant, corn, onions, tomatoes, peppers, potatoes, turnips -- all these fall vegetables come in for their share of attention. Dishes which are especially popular in my dining room are Baked Cucumbers, Stuffed Eggplant, Stuffed Onions, and Baked Onions in Tomato Sauce.

Do you ever cook two or three vegetables together, when there's not enough of one to go around? Carrots and peas are an old standby; string beans and carrots are good. Other vegetable combinations are celery and turnips; rutabaga and potato; tomatoes and okra; tomatoes and onion; corn, string beans and onions; and beets and peas.

This is the time of year when the apple plays an important part in our menus. Glancing inside the apple section of the radio cookbook, I find Apple Compote; Scalloped Apples; Baked Apples; Applesauce; Fried Apples and Bacon; Fried Carrots and Apples; and Sweet Potatoes with Apples.

Raw apples, because of their firm texture, are best combined with celery, nuts, pineapple, and other solid foods. There are four Apple Salads in the radio cookbook, and probably 40 more outside of it. In general, the

flavor of the apple is mild and tart. It is best with foods which do not have strong flavors of their own, to conflict with or cover that of the apple.

Now let's come out of the apple orchard, and see what the question box has to offer.

First question: "Can brown sugar be used in jelly making, instead of white?"

The answer is short and simple: No.

Second question: "Which is better for jelly making, cane sugar or beet sugar?"

The answer to this one is also short and simple: Cane sugar is just as good as beet sugar; beet sugar is just as good as cane. Tests made in the Bureau of Home Economics show that either kind of granulated sugar is O. K. for jelly making.

Tomorrow: "Furnishing the Boy's Room."

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